

# REGION VIII AGING SERVICES

**Mark Jesser, Regional Aging Services Program Administrator**

Serving: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark Counties



## Spring 2008



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### AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Mark Jesser** at **227-7557**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **Badlands Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **Badlands Human Service Center** is an equal opportunity employer.

### MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

*Region VIII Newsletter  
compiled by WCHSC and  
Badlands Human Service  
Center  
Aging Services*

*Layout & design by   
Peggy Krein, WCHSC*





## ***Vulnerable Adult Protective Services***

January 2008

### **Background:**

In 1989, the North Dakota Legislature passed the law authorizing the Department of Human Services to develop, administer, and implement a protective services program for vulnerable adults. The program works to prevent further abuse, neglect, or exploitation and promotes self-care and independence.

Each regional human service center has an Elder Services Unit that is responsible for vulnerable adult protective services, as well as other services.

### **State Law Defines a Vulnerable Adult as:**

**... any person older than age 18, or emancipated by marriage who has a substantial mental or functional impairment**

ND Century Code 50-25.2-03 states that any person who reasonably believes that a vulnerable adult has been subjected to abuse or neglect or observes conditions or circumstances that reasonably would result in abuse or neglect, may report the information to the N.D. Department of Human Services or to an appropriate law enforcement agency.

The law gives the Department the right to assess and to provide or arrange the provision of adult protective services if the vulnerable adult consents to and accepts the services. The Department may pursue administrative, legal, or other remedies authorized by law, which are necessary and appropriate under the circumstances to protect a vulnerable adult who cannot give consent, and to prevent further abuse or neglect.

### **Did You Know?**

**Adult children, other relatives, church communities, and other informal support systems help meet the needs of**

**many people.** Individuals who receive vulnerable adult protective services often lack these informal supports.

### **Vulnerable Adult Services Statistics:**

Oct. 2006 – Sept. 2007

444	New cases
392	Information and referral calls
223	Brief services (Required up to 2 hours of staff time to resolve. For example, helping a family locate needed services.)
404	Cases closed
7,008	Hours spent on information and referral, brief services, and cases

#### **NOTES:**

A clarification in reporting occurred. Case data should not be compared to data prior to the 2003-2004 federal fiscal year. Also, a new case does not mean a person has not been served before. Recidivism is common. Abilities change over time, and concerns about neglect or abuse may resurface.

#### **Referral Reasons**

66%	Self-neglect
16%	Neglect
10%	Financial exploitation
8%	Abuse

#### **Referral Sources**

28%	Medical/Home Health
27%	Agency
18%	Community
17%	Family
5%	Legal/Judicial
4%	Self

#### **Priority of Request**

79%	Non-emergency
12%	Imminent danger
9%	Emergency

**Vulnerable Adult  
Protective Services  
Demographic Data  
Oct. 2006 – Sept. 2007**

<b>General</b>	
74%	Age 60 and older
53%	Female
95%	Caucasian
4%	American Indian/Native Alaskan
<b>Marital Status</b>	
62%	Single/Widow/Widower
18%	Married
18%	Divorced
2%	Separated
<b>Living Arrangements</b>	
62%	Live alone
19%	Live with other family member
12%	Live with spouse
7%	Live with non-relatives
<b>Alzheimer's &amp; Related Dementia</b>	
70%	Did not have dementia
30%	Do have some sort of dementia
<b>Reasons for Case Closure:</b>	
16%	Referred to another agency
18%	Moved out of the area, received protective arrangements, or died
16%	Client refused services
13%	Placed in long-term care facility
9%	Referred to home & community-based services
28%	Other

**Adult Protection in Practice:**

- A **vulnerable adult** has the right to make decisions on his or her own behalf until he or she delegates responsibility voluntarily to another, or the court grants responsibility to another.
- When interests compete, a competent individual's decision supersedes community concerns about safety, landlord concerns about property, or family concerns about health or finances.
- A person can choose to live "in harm" or even self-destructively, if she or he is competent to choose, does not harm others, and commits no crimes.

**How Calls Are Handled:**

When a Regional Human Service Center receives a call about suspected abuse or neglect of a vulnerable adult, staff members:

- **Assess the situation** via phone to determine if an emergency exists.
- **Work with law enforcement, if appropriate.**
- If it is not an emergency, but requires more than providing information and referral, **staff may conduct a site visit** to assess the situation and assure appropriate services are offered.
- **May offer services** to the vulnerable person such as home-delivered meals, personal care assistance, respite care, or other services, if appropriate.

**Human Service Center Contact Information:**

Bismarck	701-328-8888	888-328-2662
Devils Lake	701-665-2200	888-607-8610
Dickinson	701-227-7500	888-227-7525
Fargo	701-298-4500	888-342-4900
Grand Forks	701-795-3000	888-256-6742
Jamestown	701-253-6300	800-260-1310
Minot	701-857-8500	888-470-6968
Williston	701-774-4600	800-231-7724

**Another Resource:**  
**ND Aging and Disability Resource Link**  
**1-800-451-8693**  
**[www.carechoice.nd.gov](http://www.carechoice.nd.gov)**

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*Produced January 2008*  
**N.D. Department of Human Services**  
**Aging Services Division**  
**600 E Boulevard, Department 325**  
**Bismarck N.D. 58505-0250**  
**Phone: 701-328-4601 TTY: 701-328-3480**  
[www.nd.gov/dhs](http://www.nd.gov/dhs)

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## **Older Americans Month 2008**

### ***Working Together for Strong, Healthy, and Supportive Communities***

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.



May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to serve older adults, and find ways to enrich the lives of the older adults who touch your life. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.

## FILE EARLY FOR RENTER'S REFUND

*by Cory Fong, Tax Commissioner*

BISMARCK, N.D. - Low-income senior citizens and disabled persons may be able to receive a refund for part of the money they paid as rent for their home or apartment in 2007, announced State Tax Commissioner Cory Fong. Mobile home residents may be eligible for a refund of part of the lot rent they paid. The deadline for filing for the refund is May 31.



"Even though the deadline is a few months away, we want to do what we can to make certain that everyone who is eligible knows about the deadline," said Fong.

The Tax Department offers the refund to renters who are 65 or older, or permanently and totally disabled at any age, and whose 2007 income was not over \$17,500. And, if 20 percent of the total amount of rent paid is more than four percent of their 2007 income, they could be eligible for a refund. The maximum amount of refund is \$240.

"The 2007 Legislature raised the income limit," said Fong, "making it available to more people and we want to get the word out about that change."

Under the old requirements, an applicant's income could not exceed \$14,500. With the new \$17,500 increased income limit, the Tax Department is anticipating an additional 1,700 new applicants will participate in the renter's refund program.

Fong added, "Anyone who thinks they might be eligible should contact the Tax Department and request an application."

Last year the Tax Department paid over 1,300 refunds for nearly \$190,000. The average refund was about \$145 per application.

Fong encourages people who think they might qualify to contact the Tax Department in Bismarck at 701.328.3127 or toll-free at 800.638.2901, option 5, for more information.

Additional details about the Renter's Refund program are available in a brochure, Homestead Tax Credit for Senior Citizens or Disabled Persons. The brochure is available in PDF format on the Tax Department's web site at: <http://www.nd.gov/tax/property/pubs/homesteadcredit-brochure.pdf>



***Happiness is like a butterfly. The more you chase it, the more it will elude you.  
But if you turn your attention to other things, it comes softy and sits on your shoulder.***

# ND Family Caregiver Support Program

## ***Family Caregivers in the Workplace***

Family caregivers often describe their caregiving as a full-time unpaid job. In addition to their caregiving work, many family caregivers are also employed in either part-time or full-time work outside the home. They have been described as “invisible” in the workplace, as they often are without support from their employer or co-workers. They shoulder the responsibilities of caregiving while also trying to be a responsible employee. As the number of family caregivers has escalated, family caregiving has gradually become recognized as a social issue with significant impact on both employers and employees.

Research into the issues of caregiving and employment has found that:

- An estimated 10 percent of caregivers quit their jobs. This results in costly increased turnover for the employer, and lost income and benefits for the employee.
- In today’s workforce, an estimated one in four workers cares for an aging parent.
- Twenty percent of caregivers leave their jobs at least temporarily to handle caregiving demands.
- Eighty percent of long-distance caregivers are employee full or part-time and need to do many of their long-distance caregiving tasks during their work day. These tasks can include phone calls to find resources, paperwork, talking with healthcare providers, and contacting other family members to coordinate care issues.
- Absenteeism among family caregiver employees is less of a problem for employers than “presenteeism” – employees who are on the job but distracted, working under the physical and emotional strain caused by their caregiving responsibilities. Studies have shown that “presenteeism” costs employers billions of dollars a year in lost productivity and safety claims.
- Some employers offer benefits such as flexible work schedules, funeral or bereavement leave, or health fairs that include information on aging services or services for people with chronic illness. Few employers offer classes, employee assistance counseling, or written information for their employees who are caregivers. Fewer still offer referral services for family caregivers about taking care of themselves.
- Employees generally underestimate the amount of time caregiving will take and the impact it will have on their work life. Caregivers report caregiving for periods from as short as a few weeks to months or years.
- Caregiving affects male and female employees in similar ways. Male caregivers often do not let co-workers know of their caregiving responsibilities and stress. When asked, both male and female family caregivers say they would use employee services addressing issues of caregiving if they were available.



- Retirement decisions are sometimes influenced by caregiving responsibilities. Wives caregiving for husbands often retire earlier than planned. Husband caregivers often work longer than planned because of financial concerns.
- Two of the major stressors for employed family caregivers are fear of unemployment and fear of loss of the health insurance benefits offered through the employer.
- Employees frequently use their weekends, sick days or vacation leave to attend to caregiving. This results in employees suffering from symptoms of exhaustion and burnout, since they have no chance to relax or find respite for themselves.
- Many employers express an interest in learning about caregiving support that could be made available to their employees.

## **Resources**

American Association for Caregiver Education – [www.caregiverred.org](http://www.caregiverred.org). Search using the terms *Caregiving: Workplace Issues* or *Employed Caregiver Issues*; American Association of Retired People, [www.aarp.org](http://www.aarp.org). Search using the terms, *Caregiving: Workplace Issues*; Family Caregiver Alliance National Center on Aging, [www.caregiver.org](http://www.caregiver.org). Search using the terms, *Work and Eldercare*. Source: *The Caregiver Helpbook; Powerful Tools for Caregiving*

## **30 Minutes a day**

It only takes 30 minutes a day. Being physically active for 30 minutes will lower your chances of having a stroke or a heart problem, lower high blood pressure and even help prevent or manage diabetes.

Thirty minutes a day of “moderate intensity” activity is a great way to stay healthy and have more energy.

For some people, “moderate” is a slow walk. For others, “moderate” is a brisk walk. It all depends on you. Moderate means you can feel your heart beating faster and are breathing more rapidly, but you can still talk comfortably.

How can you fit in 30 minutes? You don’t have to do it all at one time. You can walk or do other activities for 10 minutes or so. Do this 3 times a day and you’re on your way. For example, in the morning walk to the store and in the evening take the dog on a longer walk. In between, do some yard work and gardening.

## **60 Minutes for weight control**

Do you want to lose weight, or stop the weight gain that tends to creep up as we age? Then increase your activity to 60 minutes or more a day.

### **Tips to be active**

- Park the car farther away from your destination.
- Play with children or pets.
- Stretch while watching TV.
- Take the stairs instead of the elevator or escalator.
- Get on or off the bus several blocks away.

### **Moderate Physical Activity**

- Mowing lawn by pushing a power mower
- Swimming
- Bicycling on level terrain
- Weight lifting
- Dancing
- Walking Briskly
- Scrubbing Floors or Washing Windows

**Attention Senior Centers/Clubs!!** The states of ND and SD are working together to put on a 2-day Senior Center Conference to be held at the Johnson Center at Northern State University in Aberdeen, SD on June 10<sup>th</sup> and 11<sup>th</sup>, 2008. What a great opportunity for Senior Center leaders to discuss how to plan for the future and continue to function as a vital community resource for seniors of all ages.

**Regional Aging Council  
(RAC)  
Of Northeast South Dakota**

**Senior Center  
Conference 2008  
Tuesday, June 10  
Wednesday, June 11**



**21st Century Centers;  
Broadening and Deepening  
the Stream for an Active,  
Older Generation**

**Tuesday 2:15**

1. Round table: A panel of boomers and older persons will discuss with group what kinds of programs are most vital.
2. Humanities in programs: How can community arts and recreation program or college fine arts be used in center events?
3. New models: Kathy Sporr, Fergus Falls S.C. discusses research about new kinds of center programs.
4. Troy Larson reviews new federal nutrition program regulations.

**Tuesday 3:30pm**

1. Strategies for collaborative and successful planning involving many groups of "players" will be described.
2. Adult Day Services can allow both active and frail seniors to take part and encourage couples with a disability between them to attend events.
3. Educational Outreach: Connie Geier will include some prompting on how best to structure learning for older adults – they're not teen-agers any more!
4. Medicare & SHINE – update and discussion on how centers can help seniors get maximal value from these crucial programs and services.

**Wed. 9:30**

1. Well planned budget processes make fund-raising a lot more successful.
2. NSU's Human performance Lab will allow both managed exercise and assessment of activity AND can be adapted to local exercise programs.
3. Technology: 2/3 of seniors are now interested in computer usage as well as communication & games!

**Wed. 10:45am**

1. Financing/Fund-raising: Budgeting is only one step- going for the gold is a skill YOU can develop.
2. Boomers see more value in community-centered program of service and action. Getting outside the doors!
3. Financial (and other) abuse happens –centers can be a 1<sup>st</sup> line defense against these things.
4. Wills & probate



Track 1	Building your Senior Center
Track 2	Programs for your Senior Center
Track 3	Issues in aging

## Senior Center Conference Agenda

### June 10 - June 11

11:00 am - 1:00 pm	<b>Registration</b>			
1:00 pm - 2:00 pm	E X H I B I T S  O P E N	Opening Ceremonies Welcome from Mayor, University president and other dignitaries		
2:15 am - 3:15 pm		Round table discussion of what young-old want out of a senior center	Use of the Humanities in Programming for Seniors	Report: New Models of Senior Centers, Kathy Sporre, Director, Fergus Falls, MN
Break				
3:30 pm - 4:45 pm		Strategic planning for your senior center	Adult Day Services Center for Active Generations	Education Outreach—how older adults learn best, Dr. Connie Geier,
5:00 pm - 7:00 pm		Banquet with Christine Beatty, (Past Chairperson of NISC)		
7:00 — 9:00 pm		Special Event (Trip/Tour to Wylie Park)		

8:00 am - 9:00 am	Continental Breakfast			
9:30 - 10:30 am	E X H I B I T S  O P E N	Budgeting for your senior center: make your money walk & talk	NSU Human performance lab—get your abs in shape-Dr. Kathie Courtney, P.E.	Technology—computers aren't what they used to be!
Break				
10:45 am - 11:45 am		Finances and Fund-raising for success	Senior Centers without walls: community-focused service	Financial (and other) Abuses Kae McNeil, US Bank, ABN
12:00 pm - 1:30 pm		Luncheon & Speaker (TBA)		
1:30 - 3:00 pm		<b>NETWORKING &amp; CLOSING CONFERENCE CELEBRATION!</b>		

**Banquet Presentation*****“Senior Centers Evolve to Meet Changing Demands”***

Senior center leaders want to know about programs and activities that attract older adults, especially those 78 million baby boomers. Christine will focus on future senior center program directions and innovations to engage these folks. Her comments will also consider survival strategies for managing these inevitable changes.

**Session Overview*****“National Accreditation Moves Senior Centers Forward”***

National Senior Center Accreditation is spreading steadily across the country, providing community credibility and recognition and a host of other benefits. Learn about this important process, which is based upon national senior center standards. The how's and why's are answered by a national standards trainer and peer reviewer who was instrumental in creating national accreditation.

**Christine Beatty** is the Director of the Madison (WI) Senior Center, a municipal facility that “promotes successful aging” and was WI first nationally accredited senior center. She has worked with and for older adults since 1977, serving with the Retired Senior Volunteer Program and as Executive Director/CEO of a non-profit social service agency. She has served in numerous leadership capacities with the WI Association of Senior Centers and received their coveted “Professional of the Year” award in 2004.

She is a former Chairperson of the National Institute of Senior Centers (2004-2006) and serves now on the Board of Directors of the National Council on Aging in Washington, DC. She was recently elected as the Convener of the NCOA Leadership Council, a think tank of national leaders in the field of aging.

Christine and her husband Fred are proud of their care for his father, diagnosed with dementia of the Lewy bodies (DLB), in their home for eleven years prior to his death. She is a consultant on senior center standards and a keynote speaker on senior centers, volunteerism, retirement and aging issues.

**Tuesday Evening Celebration** – A banquet and then a party outdoors in Nature's Amusement Center – Go-karts, miniature golf, canoeing, bike rentals, quiet walks by the lake, all this and more at the 210 acres Wylie Park. Fun with friends!!

**Conference Sponsors**

This event is sponsored by the ***Regional Aging Council of Northeast South Dakota, Northern State University, and Presentation College***. It is being funded in part by the ***Ridder Foundation, the South Dakota Department of Social Services, the North Dakota Office of Aging Services, the HRS Food Service Distributors of Aberdeen.***

The ***Regional Aging Council (RAC)*** consists of two persons each from the 14 counties of Northeastern South Dakota appointed by their respective county commissioners and a number of elected members. It has 3 goals:

- a.) to be advocates for the needs of older persons;
- b.) to coordinate aging services in the region for maximal efficiency; and
- c.) to plan for the development and growth of services needed in the region.

*Northern State University*, through its' gerontology program provides educational opportunities for people who work in aging programs. Both the Certificate in Gerontology and the A.A. degree in Applied Gerontology are available statewide via videoconference. On-campus students can complete either an Minor in Gerontology or take a Special Emphasis on Gerontology within a Sociology major. Dr. Jim Seeber coordinates the university program.

**Regional Aging Council**

Dr. Jim Seeber, Director

Laura London, Coordinator

1200 S Jay Street

Aberdeen, SD 57401

Phone: 605-626-3433

605-626-3402

E-mail: seeberj@northern.edu

**Registration Form**

Please detach and mail along with payment before May 23

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment Amount: \_\_\_\_\_ Type of Payment: Check Money Order

Registration: \$75 before May 23; \$85 after May 23. Scholarship help available.

Contact Regional Aging Council Office (Em: seeberj@northern.edu; 605-626-3402)

## Debit Card Option Coming for Payment of Social Security and SSI

The Department of the Treasury has announced that beginning this Spring, people receiving Social Security or Supplemental Security Income (SSI) benefits who do not have a bank account will be offered the option of receiving benefits in the form of a prepaid debit card instead of a paper check. The program, which Treasury has labeled "Direct Express," is expected to be in operation nationwide by the end of this summer. While initial use will be restricted to Social Security and SSI benefits, it may be extended to other federal benefit programs in the future.

*Taken from National Senior Citizens Law Center (NSCLC) / Washington Weekly - January 11, 2008. <http://www.nsclc.org> For further information, contact Gerald McIntyre in NSCLC's, Los Angeles office.*

If you love someone, tell them. Don't be afraid to express yourself. Reach out and tell someone what they mean to you. Because when you decide that it is the right time, it might be too late. Seize the day. Never have regrets. And most importantly, stay close to your friends and family, for they have helped make you the person that you are today.

It could make a difference. The difference between doing all that you can or having regrets which may stay with you forever.

*Charles Hanson Towne (1877-1949)*



## Assistive Safety Devices Distribution Service

IPAT was once again awarded a contract through the ND Department of Human Services, Aging Services division, to provide assistive safety devices and services. IPAT will fulfill this contract by operating the Assistive Safety Devices Distribution Services (ASDDS). This program has been established to help state residents who are at least 60 years old, not living in a nursing facility, and continue to remain safely in their homes.

Participation in this program is voluntary and is at no cost to the participant. Devices that can be provided to promote safety include, but are not limited to: smoke alarms, automated medication dispensers with an alarm and lock, electric jar openers, and uplift seat assists. For further information, contact Connie between the hours of 9:00 am – 5:00 pm CST by calling 1-866-673-6703 or 1-701-265-3165 or faxing 1-701-265-3150, or e-mailing [crawls@ndipat.org](mailto:crawls@ndipat.org).

***Just smiling can do wonders for your attitude***



# Telephone Numbers to Know

## Regional Aging Services Program Administrators

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Donna Olson	1-888-607-8610
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
<b>Region VI:</b>	Russ Sunderland	1-800-260-1310
<b>Region VII:</b>	Cherry Schmidt	1-888-328-2662
<b>Region VIII:</b>	Mark Jessor (local: 227-7557)	1-888-227-7525

## ND Family Caregiver Coordinators

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	Theresa Flagstad	1-888-470-6968
<b>Region III:</b>	Kim Helten	1-888-607-8610
<b>Region IV:</b>	Raeann Johnson	1-888-256-6742
<b>Region V:</b>	Laura Fischer	1-888-342-4900
<b>Region VI:</b>	CarrieThompson-Widmer	1-800-260-1310
<b>Region VII:</b>	Tammie Johnson	1-888-328-2662
<b>Region VIII:</b>	Michelle Sletvold (local: 227-7582)	1-888-227-7525

## Long-Term Care Ombudsman Services

<b>State Ombudsman:</b>	Helen Funk	1-800-451-8693
<b>Region I &amp; II:</b>	Michelle Jacob	1-888-470-6968
<b>Region III &amp; IV:</b>	Kim Helten or Donna Olson (701-665-2200) OR	1-888-607-8610
<b>Region V &amp; VI:</b>	Bryan Fredrickson	1-888-342-4900
<b>Region VII:</b>	Helen Funk	1-800-451-8693
<b>Region VIII:</b>	Mark Jessor	1-888-227-7525

## Vulnerable Adult Protective Services

<b>Region I &amp; II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Ava Boknecht, Kim Helten, Donna Olson, or Andrea Laverdure	1-888-607-8610
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
	Direct referral to GFCSS VAPS:	1-701-797-8540
	RaeAnn Johnson Vulnerable Adult Team (VAT):	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
	Direct referral may be made to Cass County Adult Protective Services unit:	1-701-241-5747.
<b>Region VI:</b>	Russ Sunderland	1-701-253-6344
<b>Region VII:</b>	Cherry Schmidt or Sheila Lindgren,	1-888-328-2662 or 1-701-328-8888
<b>Region VIII:</b>	Mark Jessor	1-888-227-7525

## Other

Aging Services Division and Senior Info Line:	1-800-451-8693
AARP: (1-888-OUR-AARP)	1-888-687-2277
Mental Health America of ND (Local):	1-701-255-3692
Help-Line:	211 or 1-800-472-2911
IPAT (Assistive Technology):	1-800-265-4728
Legal Services of North Dakota:	1-800-634-5263
or (age 60+):	1-866-621-9886
Attorney General's Office of Consumer Protection:	1-701-328-3404 1-800-472-2600
Social Security Administration:	1-800-772-1213
Medicare:	1-800-633-4227
Senior Health Insurance Counseling (SHIC) ND Insurance Department:	1-701-328-2440
Prescription Connection:	1-888-575-6611
Alzheimer's Association:	1-701-258-4933 1-800-232-0851

**May is Older Americans Month:**

***“Working Together for Strong, Healthy and Supportive Communities”***



**Upcoming Events**

- |   |                  |
|---|------------------|
| * Region VIII COA Meeting at Villard Terrace, Dickinson @ 10:00am           | May 5, 2008      |
| Presenter: Sue Solseth, District Manager for Social Security Administration |                  |
| * Region VIII COA Meeting at Villard Terrace, Dickinson @ 10:00am           | June 2, 2008     |
| * Senior Center Conference in Aberdeen, SD                                  | June 10-11, 2008 |
| * West River Conference on Social Welfare in Medora, ND                     | June 12-13, 2008 |

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